



# **GANSBAAI LIONS KLUB / CLUB**

## **DANGERPOINT HALF MARATHON**

**31 DESEMBER / DECEMBER 2019**

**21,1 Km – Half Marathon, 10 Km & 5 Km Fun Run**

**Starting Times / Wegspring tye**

**21,1km - 07h00**

**10km – 07h30**

**5km – 08h00**

**START / WEGSPRING: LAERSKOOL GANSBAAI / GANSBAAI PRIMARY SCHOOL**

**ONDER DIE REËLS VAN BOLAND ATLETIEK & ASA/ BOLAND ATHLETICS & ASA RULES APPLY**

**INSKRYWINGS / ENTRIES**

**GANSBAAI TOURISM OFFICE**

**028 384 1439**

Aangebied deur: GANSBAAI LIONS KLUB  
In samewerking met WHALERS ATLETIEKKLUB  
Sel Nr: 072 789 3627 Boats van Staden

**DRUKWERK TROTS GEBORG DEUR:**

**TOSHIBA** **Boland** Tel: 023 342 6606

# DANGERPOINT HALF MARATHON

## Inskrywingsvorm / Entry Form

<b>Licence no:</b>	2019		<b>Temp No</b>	T						<b>Official use</b>	<b>Race No</b>					
<b>First Name</b>																
<b>Surname</b>											<b>Cat code</b>					
<b>Birth Date</b>												<b>Age</b>		on <b>31/12/2019</b>	<b>Gender M/F</b>	
<b>Postal Address</b>																
											<b>Code</b>					
<b>e-mail</b>																
<b>Tel (W)</b>					–					<b>Tel (H)</b>						
<b>Mobile</b>										<b>Fax</b>						
<b>Emergency Contact Person</b>																
<b>Mobile</b>										<b>Tel Home</b>						
<b>Med Aid</b>										<b>Tel</b>						
<b>Athletic Club</b>																
<b>Province</b>										<b>Province Code</b>						

**Please CIRCLE the category you are entering below**

	Half Marathon		10 Km Run	
	Women	Men	Women	Men
<b>Cat - Description</b>	Age Yrs	Age Yrs	Age Yrs	Age Yrs
<b>Junior</b>	under 20	under 20	under 20	under 20
<b>Open</b>				
<b>40 +</b>	40 +	40 +	40 +	40 +
<b>50 +</b>	50 +	50 +	50 +	50 +
<b>60 +</b>	60 +	60 +	60 +	60 +
<b>70 +</b>	70 +	70 +	70 +	70 +
<b>Minimum age of participation Men &amp; Women - 16 yrs and older</b>		<b>Minimum age of participation Men &amp; Women - 15 yrs and older</b>		

**INDEMNITY and WAIVER:** I declare that I am an amateur and undertake to participate in the above event entirely at my own risk. I agree that I shall have no claim whatsoever against the organisers, officials, marshals, sponsors and any local authority or any landowner or servants or employees of any of the above parties for any loss, damage or injury whatsoever which I may suffer as a result of my participation in this event including my arrival there and departure there from and any ceremonies or functions thereof. In the event of my signing this form as a guardian of a minor, I hereby consent to such minor being bound by the waiver including to the extent to which he/she is not capable of waiving his/her rights as stipulated above.

# DANGERPOINT HALF MARATHON

## Laaste Half-Marathon van die Jaar

'n Skilderagtige roete langs 'n bewaringskusstrook rondom Danger Point en met 'n uitsig oor die hele Walkerbaai, omring deur die Kaapse berge in die verte. Die roete is uniek en strek soms tot teenaan die hoogwatermerk langs die kus waar die Birkenhead gestrand het – speelplek van die Groot Witdoodhaai & die Noordkapper Walvis

## Last Half Marathon of the Year

A unique race through the coastal fynbos in a conservation area around Danger Point. The route has magnificent views over the sea and mountains surrounding Walker Bay – the play and breeding ground of the Great White Shark and the Southern Right Whale.

### REËLS RULES

#### For 21.1 Km and 10 Km / Vir 21.1 Km and 10 Km

1. Deelnemers mag in klubklere draf met 'n geldige lisensienommer vir 2019.  
TYDELIKE LISENSIENOMMERS R40.00  
Competitors may run in club colours with a valid 2019 licence number displayed.  
TEMPORARY LICENCE R40.00

2. **INSKRYWINGSFOOI / ENTRY FEE:**

21,1 Km	= R70.00
10 Km	= R50.00
5 Km	= R30.00

3. Inskrywings vanaf 16h00 - 19h00 op 30/12/2019 te Laerskool Gansbaai  
Entries from 16h00 - 19h00 on 30/12/2019 at Gansbaai Primary School
4. Laat inskrywings word aanvaar vanaf 05h00 tot 06h45 op 31 Desember 2019  
Late entries are allowed from 05h00 till 06h45 on 31 December 2019.

#### **BEGINTYD / STARTING TIME**

21,1 Km	- 07h00
10 Km	- 07h30
5 Km	- 08h00

5. Water en Coke word langs die pad verskaf / Water and Coke will be supplied on route
6. Afsnytyd / Cut-off time 10h30
7. Prysuitdeling / Prize giving - 10h00

## Prize Money / Prysgeeld

### Men & Women

	21.1 km			10km	21.1 Km Mens & Ladies Medals	10km Medals	5km Medals
	1st	2nd	3rd	1st	Gold / Goud – 1st 10 Places 1ste 10 Plekke	500	500
<b>OPEN</b>	R400	R250	R200	R100	<b>Silver/ Silwer</b> 11 – 100		
<b>40 +</b>	R250	R150	R100	R100			
<b>50 +</b>	R250	R150	R100	R100			
<b>60 +</b>	R250	R150	R100	R100			
<b>70 +</b>	R250	R150	R100	R100	<b>Bronze / Brons</b> 101 – 500		
<b>Under 20</b>	R100	-	-	R100			

### Inligting / Information

1. Wedloop begin en eindig op Laerskool Gansbaai se sportgronde.  
Race start and finish at Gansbaai Primary, next to main road.
2. Registrasie en laat inskrywings vanaf 05h00 tot 06h45.  
Registration and late entries from 05h00 to 06H45.
3. Posinskrywings tot / Postal entries till – 22 Des / Dec 2019  
Stuur aan / Send to:  
**LIONS CLUB GANSBAAI Half Marathon**  
**PO Box 549**  
**Gansbaai, 7220**
4. Die organiseerders neem geen verantwoordelikheid vir verlore inskrywingsvorme nie.  
The organisers will not take any responsibility for lost entry forms.
5. Inligting / Information: Boats van Staden 072 789 3627
6. Inligtingskantoor / Information Centre 028 384 1439

### Verversings te koop / Refreshments on sale



**Whalers**  
*Aletiekklub*  
*Athletic Club*



**BOLAND**ATHLETICS